



# **Paderno Spiralizer Cookbook: Top 50 Original Paderno Spiralizer Recipes-Make Long Veg Strands For Low Carb, Healthy Vegetable Meals**

*Hideko Izumi*

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**If you are trying to lose weight, Paderno Spiralizer can process fruits and vegetables into zero-fat, unsweetened beverages you can use as meal replacements**

Paderno spiralizer makes preparing vegetables quick, easy, and fun plus a little different to slicing and dicing. There's also something very attractive about a pile of colourful vegetable spirals. Fruit and vegetable noodles can be used to make delicious raw salads, as a low carb pasta, noodle or rice replacement, in stir fries, soups, latkes, or pancakes. You can even make baked treats like sweet potato curly fries, onion rings, or crispy apple chips

Incorporating more vegetables (and fruits) in your daily meals is one of the best ways of creating healthier meals. These are organically low in fat, have little/no cholesterol, and contain small amounts of gluten from carbohydrates. When prepared correctly, many of these are incredibly tasty and are naturally rich in vitamins and minerals.

Many people believe that in order to preserve flavors and nutrients, vegetables and fruits should only be eaten raw, or boiled. Although this reasoning has merit, it severely limits meal options. Really, how many raw carrot and celery sticks can one person eat in a week? And how many boiled dishes can anyone stomach in a month? This may be considered healthy, but it's certainly unsustainable in the long run.

Veggies and fruits can be cooked and prepared in a million and one healthy ways. This book gives you 50 easy-to-follow recipes that add a twist (literally) to many vegetable and fruit-based dishes

## **Here Is A Preview Of What You'll Learn...**

Apple and Coconut on Walnut-Raisin Flavored Tart Shells

Pear Parfait with Coconut and Strawberries  
Sesame Seed with Cashew and Sweet Potatoes  
Cucumber and Jicama Salad with Tomatoes and Mozzarella Balls  
Waldorf Salad with a Noodle Twist  
Beef Stewed in Tomatoes with Crispy Veggies (Slow Cooked)  
Easy Seafood Pasta with Broccoli Noodles  
Sweet Potato Spaghetti in Cashew and Spinach Sauce  
Cucumber, Ginger, Jicama, and Mango Infusion  
Mixed Crispy Fried Vegetable Patties  
Puff Pastry Sweet Potato Turnovers  
Seaweed and Sesame Seed Flavored Chayote Noodle Soup  
Much, much more!  
**Download your copy today!**

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brain but also giving you useful information for your better life on this era. So now let us explain to you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished examining it, like winning a. Do you want to try this extraordinary paying spare time activity?

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